

5 I claim:

1. A sliding exercise apparatus and recreational device comprising a sports board, being of sufficient size and rigidity to support a user, said sports board having a top for contacting a user and a bottom for sliding along a support surface, said bottom providing a substrate supporting stick-on sheeting material applied thereto, said stick-on sheeting material having an adhesive layer for adhering said stick-on sheeting material to said sports board and a low-friction durable layer for engaging in sliding contact with said support surface.

2. The sliding exercise apparatus of claim 1 wherein said sports board is a member selected from the group consisting of snow boards, surfboards, skis, skate boards, body boards, sail boards, wake boards, water skis, sleds and runners applied to the frame of a bicycle.

3. The sliding exercise apparatus of claim 1 wherein said low-friction durable layer comprises, a member selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

4. The sliding exercise apparatus of claim 1 wherein said support surface has applied thereto low-friction durable sheeting for contacting said stick-on sheeting material.

5 5. The sliding exercise apparatus of claim 4 wherein said low-friction durable sheeting comprises a member selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

10 6. The sliding exercise apparatus of claim 4 wherein said low-friction durable sheeting comprises stick-on sheeting material having an adhering layer for adhering said low-friction durable sheeting to said support surface and a low-friction durable layer for engaging in sliding contact with said sports board.

15 7. A sliding exercise apparatus and recreational device comprising the combination of a sports board, being of sufficient size and rigidity to support a user, and a support surface, said sports board having a top for contacting a user and a bottom for sliding along the support surface, said bottom being a substrate supporting stick-on sheeting material adhered thereto, said stick-on sheeting material having an adhering layer and a low-friction durable layer for engaging in sliding contact with low-friction durable sheeting being supported by and in contact with said support surface.

20 8. A sliding exercise apparatus and recreational device comprising the combination of a support surface and stick-on sheeting material, said stick-on sheeting material having an adhesive layer and a low-friction durable layer, said adhesive layer being applied to a piece of wearing apparel of a user and said low-

5 friction durable layer constructed to contact said support surface during use, said support surface having applied thereto, low-friction durable sheeting for contacting said stick-on sheeting material.

9. The sliding exercise apparatus of claim 8 wherein both said low-friction durable sheeting and stick-on sheeting material are members selected from
10 the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

10. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's torso.

11. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's shoes.

12. The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's knee pads.

13. A method of engaging in recreational exercise comprising, providing a sports board of sufficient size and rigidity to support a user, said sports board having a top for contacting the user and a bottom for sliding along a support
20 surface, applying stick-on sheeting material to the bottom of said sports board by adhering an adhesive layer of said stick-on sheeting material to said bottom of said sports board, said stick-on sheeting material further being characterized as having

